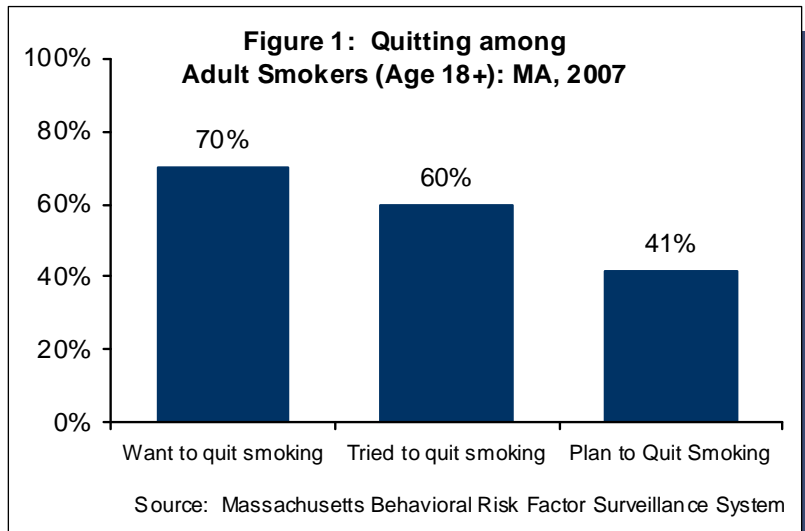


Who Quits Smoking

Massachusetts Fact Sheet

Seventy percent of adult cigarette smokers in Massachusetts want to quit smoking. Sixty percent of smokers tried to quit smoking at least once in the past year. Forty-one percent of smokers say that they plan to quit smoking within the next 30 days (Figure 1).

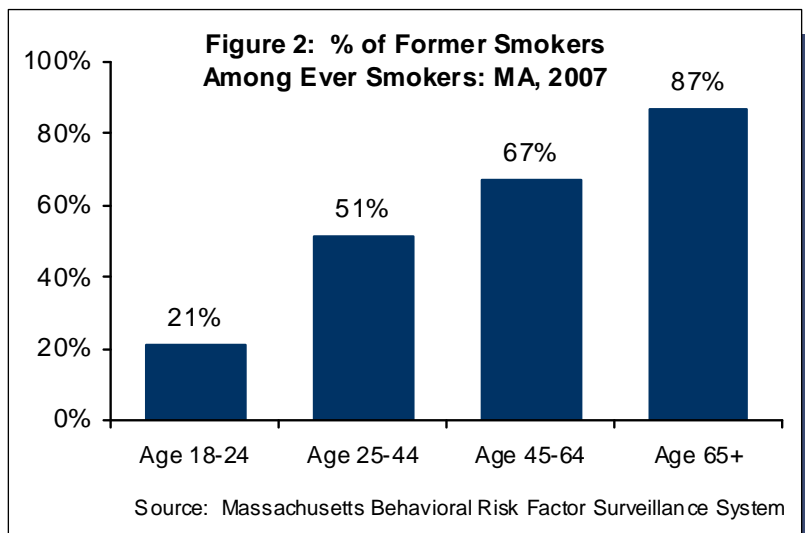
- 42% of men who smoke plan to quit in the next 30 days; 41% of women plan to quit.
- 41% of whites, 55% of blacks, and 57% of Hispanics plan to quit in the next 30 days.



About one-third (33%) of smokers used nicotine replacement therapy and 4% used counseling in their last quit attempt.

Sixty-three percent of adults who ever smoked have now quit smoking (former smokers).

- 21% of young adults who ever smoked have quit smoking (Figure 2);
- 87% of seniors (age 65 and over) who ever smoked have quit.



Fifty-five percent of adults in Massachusetts have not smoked more than 100 cigarettes in their lifetime.

